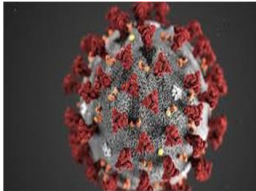


Newsletter

October 2020



Dear All

Hope you all are doing well despite the fact that Covid-19 is currently developing more than what is good. It is of course important that we take all the precautions that the National Board of Health sets out.

NETWORKING AND ANNUAL CONFERENCE THE DR HOLM MODEL 2021



When we hold seminars, we always ask for the participants' evaluations, so that we can constantly get better and possibly optimize parts of the seminar. One of our participants has just reported this back;

"Possibly evaluation day for those you have taken the seminar with, so you can "network" with various professionals around the country"

It has actually been a theme at the last seminar and therefore we think that we will plan the first annual conference for health care professionals, who all have in common that they have been trained in the Dr Holm model with our seminars.

We already have our "Netværksgruppe holbækmodellen" for professionals on our Facebook page, where you

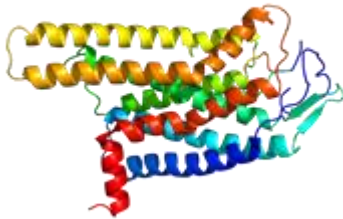
already have the opportunity to share experiences and achieve sparring.

<https://www.facebook.com/groups/163883116336219/>

An annual conference is intended as a conference where you as participants have the floor, i.e., that you talk about your experiences and challenges, so that we can develop together across municipal boundaries. It is thus you who sets the pace in terms of topics for presentations and subsequent discussions. A crucial point at the annual conference is to establish an exclusive environment with professionals who have all been competence developed according to the Dr Holm model, so we can go straight to the point in order to discuss challenges and questions based on the Dr Holm model details and values. We are of course very interested in raising those issues that you find particularly interesting, important, or difficult.

The program is under development and good suggestions for topics are very welcome, contact if necessary Dorte at klinikken@drholm.com with suggestions and we will soon have a program ready in early 2021. We plan to hold the conference on Fyn in May 2021 so that everyone from the Nordic countries gets reasonably good opportunities to participate. Price for participation in the annual conference "The Dr Holm model" is DKK 1250.00 per participant for a 1-day conference. All precautions regarding Covid-19 will be taken into consideration.

NEW STUDY COURSES IN PRINCIPLE THE ROAD TO PERSONAL MEDICINE



We have recently published a [new study](#) in which we analysed children and adolescents with the most common single gene cause of severe childhood obesity; MC₄R. Various studies have shown that about 2-6% of children and adolescents with severe obesity may have a mutation in the MC₄R gene.

The study showed that children and adolescents with severe obesity who had a mutation in the MC₄R gene were more difficult to treat with the Dr Holm model than other children and adolescents with severe obesity without an MC₄R mutation. This in itself is not particularly surprising, as single gene causes most often lead to a more severe degree of overweight, which is traditionally also more difficult to treat. Over the past year, we have also been involved in publishing two other studies that are very relevant to this topic. In [one study](#), we showed that parents of children and adolescents with severe obesity and MC₄R mutation, who were also overweight / obese caused by an MC₄R mutation, could be treated with a GLP-1 analogue, which in principle paves the way for personalized medicine. It should be understood that in principle we can now identify patients with MC₄R mutations and then offer them treatment with a GLP-1 analogue. In that context, it is both relevant and exciting that Novo Nordisk is on its way with a study on GLP-1 treatment for adolescents aged 12-18 with

overweight / severe obesity. This suggests that in the future there will be medical opportunities for some of the children and young people with severe obesity who are difficult to treat with the Dr Holm model. The [second study](#) published in December 2018 showed that we were able to treat children and adolescents with overweight / severe obesity despite the fact that they had more or less strain of genes in a so-called genetic risk score consisting of the 15 genes known to cause obesity in children and adolescents. Together, the 3 studies show that it may be a good idea to perform genetic testing, and that some patients with mutations in the MC4R gene, for example, may benefit from medical treatment, but that other children and adolescents with severe obesity with other mutations in other genes can actually be treated with advantage with the Dr Holm model.

UPCOMING SEMINARS IN THE DR HOLM MODEL



It is not long before we hold the next Seminar 3, namely the 12th-13th of November. The seminar is held with regard to distance and hygiene etc. as recommended by the National Board of Health.

There are few places left on this seminar, so if you want one of these you can contact Secretary Dorte on tel. +45 61 46 44 63.



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Read more

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Seminar 1: January 2021 - date coming soon on the website.

Introductory course.

Seminar 2: Spring 2021 - date coming soon on the website.

Follow-up seminar; follow-up on treatment.

Seminar 3: 12.-13. November 2020.

Immersion seminar; our values in a meta-perspective.

Brush Up: December 8, 2020.

To make the patient easy.

<https://www.jenschristianholm.dk/uk/our-products/courses-for-healthcare-professionals.aspx>

Obesity Treatment Tool Pro is now part of the seminar content on all seminars.

Read more about Obesity Treatment Tool Pro here:

<https://www.jenschristianholm.dk/uk/our-products/obesity-treatment-tool-pro.aspx>

All seminars are held at Hotel Scandic, Nørretorv 57, 4100 Ringsted.

Scandic requests that protective equipment be worn on all common areas.